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Army's new PRT program is being designed	

Holiday Tour of Homes this Sunday

By Stan Williamson
Scout Staff

Ten of the 12 historical homes on Fort Huachuca's Grierson Ave. will be open to visitors this Sunday during the 10th Annual Tour of Historic Homes. Construction of the buildings began after a visit by Gen. William T. Sherman to the frontier outpost in April 1882.

Receiving an allowance of \$57,820 from the War Department on Aug. 17, 1883, foundations for 11 officers' quarters were laid during November. The building boon provided employment for 150 civilian laborers, carpenters, bricklayers and adobe workers.

The old post, with the rolling parade field at its center, was a picturesque setting at the turn of the century. A white picket fence fronted the entire "officers' line" until 1902. In front of each building along the boardwalk, a lamplighter made his rounds each evening, returning to extinguish the lamps at daybreak. Across the street were hitching posts for horses. Rose bushes and fruit trees, planted in 1888, flourished.

The officers' quarters had high-ceilings, and were spacious structures of adobe walls covered with plaster and having stone foundations. Roofing was made of shingles, and there were hardwood floors throughout. Heating was accomplished with stoves and large fireplaces, and oil lamps were used for lighting. Electric lighting did not come until 1916.

Each home had several "outbuildings"... water closets, stables, servants' quarters, coal bins, etc.

The first of the outbuildings were the stables and water closets constructed in 1884 when the houses were originally built. In 1916 the servants' quarters were placed behind each set of quarters and were constructed of adobe and masonry. The coal bins arrived in 1920 and the masonry garages were completed in 1936. The water closets have been moved inside and the stables have been replaced by garages. The servants' quarters are now used for guests or storage and the coal bins now hold wood.

There have been many changes to the homes since their construction, the most recent being a complete electrical upgrade in the kitchens along with new cabinets.

The tour will begin at the Fort's Historical Museum. Two homes, The Barnard House and the Sanford House will not be open to the public this year because of on-

going maintenance projects.

Following is a listing of those homes that will be open and a brief history of the dwelling.

FORT HUACHUCA HISTORICAL MUSEUM

Construction: Adobe and masonry
Square footage: 7,890 sq. ft.
Original cost: \$5,717

The building which now houses the Historical Museum has had varied uses since its construction in 1892. It was first a post chapel, and for a brief time as the home of the post chaplain Maj. Winfield Scott. The building later became the bachelor officers' quarters. It was remodeled in 1920 as the Officers' Club and used for that purpose until 1941. The structure then became post headquarters, and in 1960 was converted into a museum.

While a residence for bachelor officers, the building was the home of many young men who were later to play distinguished roles in the history of the Army. The downstairs of the bachelor officers' quarters consisted of a reception room, dining room, and the butler's pantry. The second floor contained bedrooms. Today, the entire building houses southwestern military history exhibits.

The wealth of Fort Huachuca's history unfolds as the visitor crosses the threshold of the museum. The room depicts the history of the area from its earliest origin to the modern era of rapid communications.

The museum is a favorite spot for visitors to southern Arizona. It is open from 9 a.m. to 4 p.m. weekdays, and 1 to 4 p.m. on Saturdays and Sundays.

MORROW HOUSE

Quarters 12
Construction: Adobe and masonry
Square footage: 4,014 sq. ft.
Original cost: \$4,500

Morrow House was built in 1884 as the designated quarters for the post chaplain. The house is named in honor of Col. Albert P. Morrow who mustered into the service as a sergeant in 1861. He was commissioned in 1862 as a second lieutenant in the 6th Regiment of the Pennsylvania Cavalry. While he was a lieutenant colonel, he served as the commandant of Fort Huachuca for the summer of 1883. In 1865, Morrow was appointed brevet colonel for gallantry in action.

The outbuildings include servants' quarters and a garage.

SANFORD HOUSE

Quarters 11
Construction: Adobe and masonry
Square footage: 4, 945 sq. ft.
Original cost: \$4,500

Sanford House was built in 1884 as quarters for two single officers. The original square footage of the house was 3,150 sq. ft. Bathrooms were installed in March of 1906. The garage is the only outbuilding.

Sanford House was named for a man who began his career in Arizona as a Lieutenant of Dragoons in 1862. After several Civil War actions he returned to Arizona Territory to take the field against the Apaches. Major George Bliss Sanford, 1st US Cavalry, was the Fort Huachuca commander in 1881.

MACOMB HOUSE

Quarters 7
(Closed for Renovation)
Construction: Adobe and masonry
Square footage: 5, 002 sq. ft.
Original cost: \$4,500

Macomb House was built in 1884 as captain's quarters. The outbuildings include servants' quarters and a garage. It is named for Capt. Augustus C. Macomb. Macomb served at numerous western posts throughout Nebraska and Texas. For several months in 1900-1901, he commanded the 5th Cavalry and Fort Huachuca.

WINANS HOUSE

Quarters 3
Construction: Adobe and masonry
Square footage: 4,725 sq. ft.
Original cost: \$4,500

Winans House was built in 1884 as company grade officer's quarters. The quarters had major renovation in 1933. The outbuildings consist of servants' quarters and garage. It was named after Col. Edwin B. Winans. Winans served with Pershing during the Punitive Expedition, with the 4th Cavalry at Nogales, and with the American Expeditionary Force in France. He concurrently commanded the post and the 10th Cavalry from 1920 to 1923. When he was promoted to brigadier general in Dec., 1922, he became the first general officer to command Fort Huachuca. After leaving Fort Huachuca, Winans served as commandant at the United States Military Academy. He finished his career as a major general in 1927.

WILDER HOUSE

Quarters 5
(Closed for Renovation)
Construction: Adobe and masonry
Square footage: 4,771 sq. ft.
Original cost: \$4,500

Wilder House was built in 1884 as single company grade officers' quarters. The house is named for Col. Wilber E. Wilder who commanded the 5th Cavalry and Fort Huachuca in 1913. Col. Wilder was one of only three Medal of Honor winners to command Fort Huachuca. He received the Medal of Honor for gallantry at Horseshoe Canyon, N.M., for rescuing a wounded comrade. He graduated from the U.S. Military Academy in 1887 and retired from active service in 1920.

Wilder House has two outbuildings. One is a set of servants' quarters and a garage.

MILES HOUSE

Quarters 4
Construction: Adobe and masonry
Square footage: 5,038 sq. ft.
Original cost: \$4,500

Miles House was built in 1884 and was designated as surgeon's quarters. It is presumed that Captain Leonard Wood, the post surgeon in 1885, lived in these quarters.

Miles House is named in honor of Lt. Gen. Nelson A. Miles, a volunteer first lieutenant with the 22d Massachusetts Infantry. He was awarded the Medal of Honor for gallantry at the Battle of Chancellorsville. He had a spectacular career and rise in rank, earning the rank of major general by the end of the Civil War. He accepted a regular commission in 1880 as a colonel. Miles arrived in Arizona in 1886 and established Fort Huachuca as his advanced base. Under his leadership the Apaches were finally defeated. He was appointed lieutenant general in 1900. Lt. Gen. Miles was the commander of the U.S. Army during the Spanish-American War.

Miles House has two outbuildings. One is a set of servants' quarters and the other is a garage.

PERSHING HOUSE

Quarters 1
Construction: Adobe and masonry
Square footage: 6,112 sq. ft.
Original cost: \$9 000

Traditionally, Pershing House is the home of Fort Huachuca's ranking officer.

See Homes, Page 3

B/304th wins Flag Football title; captures Commander's Cup points over HQ, USAG

By Stan Williamson
Scout Staff

Two squads of determined gridiron players met last Friday on the field next to Barnes Field House to stake their claim to bragging rights in the realm of flag football.

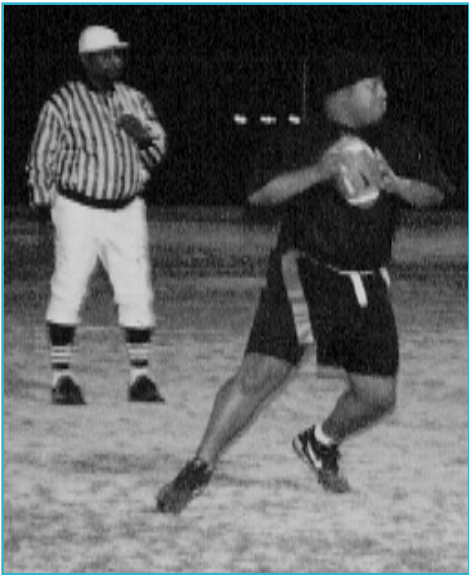
Company B, 304th Military Intelligence Battalion, who had gone unbeaten in the tournament for the Commander's Cup was matched against Headquarters, U.S. Army Garrison, who had suffered one loss, putting them in the loser's bracket. It came down to winning the first game for B/304th to take home the title. But, if HQs, USAG won the game, there would have to be a playoff between the two squads to determine the overall champion.

Starting at 4 p.m. in very cool conditions, the two squads matched wits on each play, grinding out the yards on the ground or in the air. Finally, HQs USAG got the edge and went on to win game number one

34-20, forcing B/304th to play "IF" game. After a few minutes of rest for both teams, they took to the field again. The contest saw the scoreboard reflecting a 16-16 tied score with the final gun in the 4th quarter, sending the game into sudden death overtime. B/304th scored first winning the game 22-16, but both teams knew they had played a championship team that day.

Ready, Set, Hut...

At right HQs, USAG tries an around end play which is met by the opposition in force during game two of the tie breaker. B/304th MI Bn., matched wits and scores with the headquarters troopers finishing the game with a 16-16 tied score. In sudden death overtime, B/304th scored the game and title winning touchdown, making the score 22-16.



Photos by Angela Moncur

There was a lot of "hot action" during the frigid hours last Friday when B/304th wins Flag Football title USAG for the flag football league championship game next to Barnes Field House. Above, USAG's quarterback prepares to unload a pass to his receivers in game one, while members of B/304th close in on him on the right. which USAG won 34-20.



Showings

Today, 7 p.m.,
The Exorcist - (R) Strong language and distrubing images - 132 min.

Linda Blair, Ellen Burstyn - Doctor's are fearful of a young girl's illness as it appears to have reached beyond the physical and into the spiritual. Her mother calls a priest, but even he doubts that evil has come into their home, into her body. And the more he doubts, the powerful it becomes. There is only one cause, and only one hope for cure.

Friday, 7 p.m.,
Play it Forward - (PG-13) Mature thematic elements including substance abuse/recovery, some sexual situations, language and brief violence - 125 min.

Kevin Spacy, Helen Hunt, Haley Joel Osment - A boy creates a scheme as a class project which involves helping people continuously until everyone is doing something nice for someone else. He puts his plan into action and it actually works, though not in the way he planned, and not until his world is forever changed - for better or worst.

Saturday, 7 p.m.,
Meet the Parents - (PG-13) Sexual content, drug references and language - 108 min.

Robert DeNiro, Ben Stiller - Every thing that could go wrong for groom-to-be Greg does. The problems begin with his fisasterous first meeting with his

girlfriend's family - most notably her intimidating father Jack - and it's all downhill from there.

Sunday, 2 p.m.,
The Little Vampire - (PG) Some mild peril - 94 min.

Alice Krige, James Carter - A little boy meets a new friend who happens to be a vampire. Together they embark on a grand adventure to fina a magic pendant needed to save the vampire community from a life of eternal darkness.

Sunday, 7 p.m.
Meet the Parents - (PG-13) Sexual content, drug references and language - 108 min.

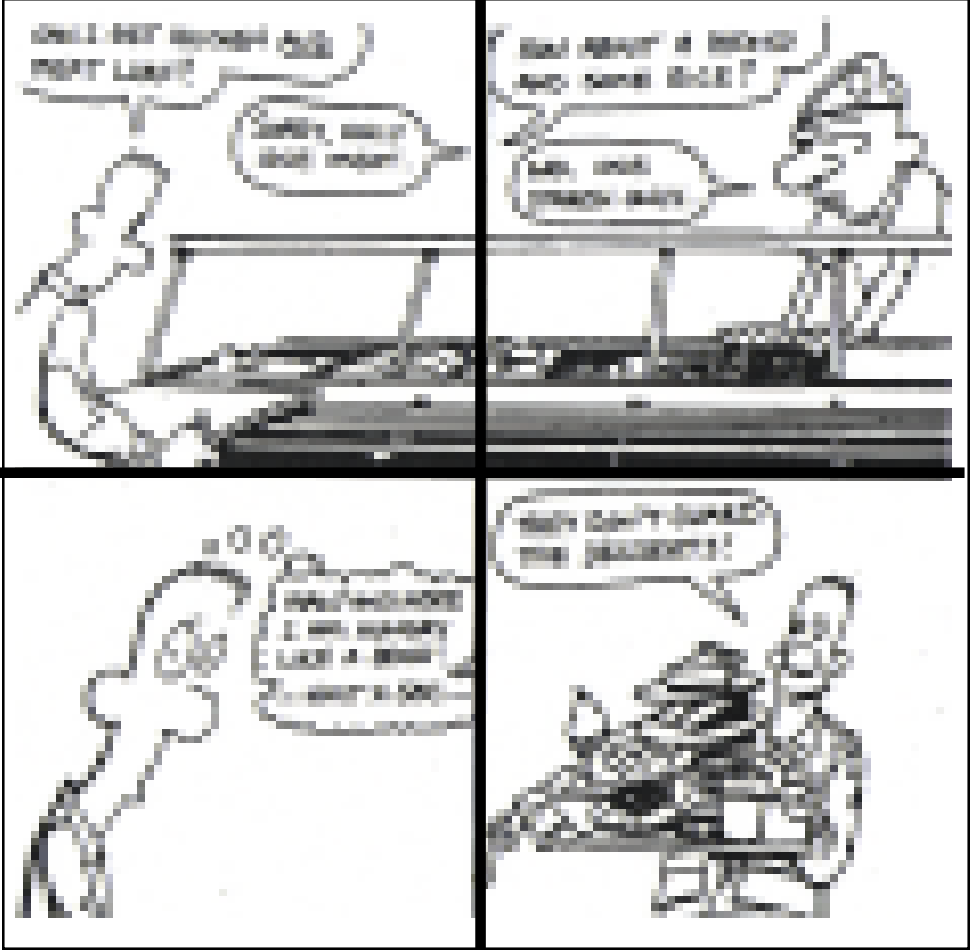
Robert DeNiro, Ben Stiller - Every thing that could go wrong for groom-to-be Greg does. The problems begin with his fisasterous first meeting with his girlfriend's family - most notably her intimidating father Jack - and it's all downhill from there.

Monday - Tuesday Closed
Wednesday, 7 p.m.
Meet the Parents - (PG-13) Sexual content, drug references and language - 108 min.

Robert DeNiro, Ben Stiller - Every thing that could go wrong for groom-to-be Greg does. The problems begin with his fisasterous first meeting with his girlfriend's family - most notably her intimidating father Jack - and it's all downhill from there.

Pvt. Murphy's law

By Mark Baker



Homes from page 1

Today it is occupied By Maj. Gen. John D. Thomas, Jr. and his wife, Verdun. It was constructed in 1884. Sitting opposite the flagpole on the parade field, the ranking officer could survey the toil and ceremony of post life as well as the imposing Huachuca Mountains.

Its first occupant was Capt. Adna Chaffee, who, as a lieutenant general, was to become chief of staff of the Army from 1904 to 1906. Under Gen. George Crook, the captain led I Troop, 6th Cavalry, on the famous Apache campaign into the Sierra Madres of Mexico. He returned to post after four months in the field and a 1,000 mile march, bringing in the chiefs and some 400 Apache warriors.

At the battle of Staked Plains against 200 Cheyenne, Chaffee exhorted his troops, "Forward! If any man is killed I will make him a corporal".

Overnight guests at Pershing House have included Generals George Crook and Nelson A. Miles in 1886; General of the Army John J. Pershing in 1922 and 1935; and General George C. Marshall in 1942. Senators Carl Hayden and Barry Goldwater were also frequent guests at the home.

Pershing House has three outbuildings. There are two sets of servants' quarters, one made of masonry and adobe and the other made of masonry and stucco. There is also a garage. Prior to many additions, the original square footage of Pershing House was 3,670 square feet.

CROOK HOUSE

Quarters 2
Construction: Adobe and masonry
Square footage: 5,623 sq. ft.
Original cost: \$4,500
Crook House was constructed in 1884 and is named for Gen. George Crook, the Indian Wars leader and one time commander of the Department of Arizona, who

played the key role in subduing Arizona's Apaches.

Crook met Geronimo in the Sierra Madre Mountains in March 1886 and negotiated a surrender that brought in all but Geronimo and a few followers. Crook asked to be relieved when Washington failed to back the field commander in the conditions on which he negotiated the surrender.

This \$4,500 structure was intended for occupancy by single officers. It is known to have been used by Gen. John J. Pershing during a two day inspection visit of Fort Huachuca in 1922.

Crook House has two outbuildings. One is the garage, and the other is the masonry and adobe servants' quarters

BERNARD HOUSE

Quarters 10
Construction: Frame and masonry
Square footage: 4,043 sq. ft.
Original cost: \$4,500.00
Bernard House was constructed in 1884 as lieutenant's quarters. The first occupant was Lt. Alexander M. Patch who left the Army due to a disability but stayed at Fort Huachuca to operate the Post Trader's Store. His son, Maj. Gen. Joseph D. Patch, was born in Bernard House.

Bernard House is named for Brig. Gen. Ruben F. Bernard, who began his career as a young officer of the 1st Dragoons in 1862. He later commanded Forts Lowell and Bowie in Arizona Territory and played a major role in the campaign against Apache leader Cochise.

Bernard House has two outbuildings. One is a set of servants' quarters and the other is a garage.

CARR HOUSE

Quarters 6
Construction: Adobe and masonry

Square footage: 5,049 sq. ft.
Original cost: \$4,500
Carr House, rated a "Company Officer's quarters" in 1884, honors Col. Eugene A. Carr, a Civil War Medal of Honor winner.

Col. Carr commanded several Arizona posts and was a veteran campaigner of the Indian Wars. While commandant at Fort Apache, he was ordered to arrest a shaman of the White Mountain Apaches, Nakaïdoklini, who was attracting many followers with a doctrine of eradication of whites. With Nakaïdoklini in custody, Carr's two troops of cavalry were attacked by 100 Apaches who were joined by 25 mutinous Scouts. The encounter at Cibicu Creek cost the cavalry four men with four wounded. Even after reaching the supposed safety of Fort Apache, an officer was wounded and Carr had his horse shot from beneath him. The unsuccessful retaliatory raid on Fort Apache was the only instance in Arizona history of an Army outpost being attacked.

Carr House's only outbuilding is a garage.

CRUSE HOUSE

Quarters 8
Construction: Adobe and masonry
Square footage: 4,863 sq. ft.
Original cost: \$4,500
Cruse House was originally built in 1884 as billeting for two lieutenants. It was named for Lt. Thomas Cruse, who later became a brigadier general. He commanded a company of Indian Scouts in the 6th U.S. Cavalry at Fort Apache and was awarded the Medal of Honor for his distinguished conduct in action against hostile Apaches at Big Dry Wash, Arizona, on July 17, 1882.

A set of servants' quarters and a garage make up the outbuildings at Cruse House.

CARLETON HOUSE

Quarters 9
Construction: Adobe and masonry
Square footage: 3,962 sq. ft.
Original cost: \$1,288.67
Memorialized for Brig. Gen. James H. Carleton, commander of the famous "California Column" during the Civil War, this is the oldest building still existing on post. It was constructed in 1880 with adobe walls 21-1/2 inches thick. Built as a post hospital, it soon proved inadequate for the camp's medical needs. It has since been used as officers' quarters, officers' mess, schoolhouse, post headquarters, and a cafe. The building was remodeled at one time as the post chapel.

Listed among its residents and guests have been Gen. William T. Sherman who stayed there during his visit to post on April 9, 1882.

The old structure was modernized in 1937 to its present condition. The living room, with its chapel ceiling, was originally a hospital ward. At one time, all the rooms behind the chapel were used as chaplain's quarters.



Photo by Master Sgt. LaToya Sizer

Mrs. Shirley Russ discusses the Tour of Historic Homes program with reporter Bill Hess from the Sierra Vista Herald newspaper.

While Fort Huachuca was closed as a military post from 1947 to 1951, the State of Arizona had a temporary deed to the post. It was during that period that Governors Sidney P. Osborn (1948) and Dan E. Garvey (1949-51) used these quarters as a retreat from the exhausting business of being Arizona's Chief Executive.

A set of servants' quarters and a garage make up Carleton House's outbuildings.

GALBRAITH HOUSE

Bldg. 41019
Construction: Adobe and masonry
Original cost: \$11,449
Complete in 1914, Galbraith House was first designated officers' quarters for the grade of captain. The building is named in honor of Col. Jacob G. Galbraith, an 1877 graduate of the U.S. Military Academy. He served with the 4th U.S. Calvary at Fort Huachuca commanding the posse as a lieutenant colonel from January to November 1912. He retired in 1916 with a line of duty disability, but was recalled for active service during World War I.

Today Galbraith House is occupied by field grade officers.

Advance tickets for \$5 may be purchased through Saturday from the Military Intelligence Museum, Mondays, Wednesdays and Fridays from 10 a.m. to 2 p.m., the Fort Huachuca Post Museum Gift Shop Monday - Friday from 9 a.m. to 4 p.m. and Saturday and Sunday from 1-4 p.m., the MWR Box Office, and the Sierra Vista Chamber of Commerce. Tickets may be purchased the day of the tour for \$6 at the Post Museum.



Photo by Master Sgt. LaToya Sizer

Quarters 1, the home of Maj. Gen. and Mrs. John D. Thomas Jr., commanding general, US Army Military Intelligence Center and Fort Huachuca, will be open to the public from 2-6 p.m. Sunday for the 10th Annual Tour of Historic Homes sponsored by the Officers' and Civilians' Spouses' Club.

Fishing Report

By Rory Aikens
Arizona Game and Fish Department

SOUTHERN WATERS

TUCSON URBAN - The urban lakes were stocked with trout last week. Catfishing at all urban lakes has been fair and trout fishing has been good. Buy a two-pole stamp and try different baits to double your chances.

RIGGS FLAT - Closed.

CLUFF RANCH - Stocked with rainbow trout this week. For information call (520) 485-9430.

ROPER LAKE - Scheduled to be stocked with rainbow trout this week. For information call (520) 428-6760.

DANKWORTH POND - Stocked with rainbow trout this week. For lake information call (520) 428-6760.

Kearny Lake - Stocked with rainbow trout. Try Power bait, corn or cheese.

ARIVACA - Surveys show fair numbers of small bass, but almost no fish exceeding 12 inches. No other fish stockings are planned until the water quality stabilizes. Due to elevated mercury readings in the warm water species, (bass, sunfish and catfish) it is recommended that these fish not be eaten until further notice. Catch and release should be practiced.

PENA BLANCA - Was stocked with rainbow trout last week. Trout fishing has been very good. Try Power Bait, corn or cheese. Fishing is fair to good for bass. Fall surveys show a healthy bass population with good numbers of fish in the 15 to 18-inch range. Use artificial worms in rocky areas where the aquatic vegetation is less dense for largemouth bass. The weeds have been cut, so fishing access has improved.

Due to elevated mercury readings in the warm water species (bass, sunfish, crappie catfish), it is recommended that these fish not be eaten until further notice. Catch-and-release should be practiced. For lake information call (520) 281-2296.

PATAGONIA - Was stocked with rainbow trout last week. Has been good fishing. Try Power bait or small spinners in the marina or rock shelf area. Fishing is fair to good for warm water species; bass, sunfish and catfish. Best fishing is early morning, late evening and at night. Recent surveys show excellent populations of bass and sunfish. Try artificial crayfish or worms close to the shore at breaks in the cattails. Try worms in shady areas for large bluegill and redear sunfish. Crappie fishing is fair. Channel catfish are biting on worms, hotdogs or stink bait. For lake information call (520) 287-6063.

PARKER CANYON - Will be stocked with rainbow trout this week. Has been fair to good for trout. Fishing is slow for warm water species (bass, catfish and sunfish). Try artificial worms or night crawlers. Lots of small northern pike in the 12 to 15-inch range are being caught. Try flies, corn, worms, and Power Bait, crankbaits and spinnerbaits. The limit is six northern pike. Anglers are encouraged to try to catch this illegally introduced species. The water level is rising; boat launching is not a problem. For lake information call (520) 455-5847.

PICACHO RESERVOIR - Due to extremely low water conditions Picacho Reservoir has experienced a fish kill.

ROSE CANYON LAKE - The gate has been closed for the winter. For lake and camping information

SOUTHWESTERN WATERS

HAVASU - Anglers are still catching stripers both on shore and on boats. Anchovies are the bait of choice for anglers right now. All parts of the lake and river are good fishing for stripers. Bass anglers should concentrate in the river (Topock Gorge area) and Lake Havasu coves where any habitat can be found (natural or artificial). No word of crappie or catfish, but both can be found throughout the lake.

PARKER STRIP - Recent surveys show good small mouth bass numbers. Concentrate around submerged rock piles. Largemouth bass are also present in the river. Boat docks are a good place to flip plastics and run spinnerbaits. Stripers are present below the Parker Dam, use anchovies for bait. An overlooked fish to try for are bluegill. There are huge bluegills in this stretch of the river. They can be found hidden in weed beds parallel to the shore. Catfishing can be good also. Both channel and flathead exist in the river.

MARTINEZ LAKE/COLORADO RIVER - The Colorado River is flowing at 6,000 cfs with many sandbars. Fishing for largemouth bass has been slow for big fish but good for small bass under three pounds. The catfishing has been good for channel cats using chicken liver and night crawlers in the side lakes and lake entrances. Very few flathead have been caught now that the water is colder. Crappies are biting on crappie shiners and crappie jigs (yellow or white) at the entrances to the lakes or wherever else you can find a school. Stripers are biting on frozen anchovies in the lakes as well as the river. Bluegill are in schools and not as easy to find in warm water conditions. For info on Martinez Lake visit the web site: www.martinezlake.com.

MITTRY - Recent surveys showed



many species of fish in the lake. Crappie, bass, channel cat, flathead, bluegill were found. Shore anglers can concentrate around the man-made shore jetties. Portions of the lake are currently closed for wintering waterfowl; signs are posted at the lake, which include the Teal Alley area.

YUMA AREA RIVERS/CANALS - Bass fishing should be better on the river this month. The river in Yuma contains bass, channel and flathead catfish, tilapia, striped bass and mullet, carp, bluegill and crappie. Bass and catfish are the two main species fished for and caught. Stripers and channel catfish can be found in canals such as the Gila Gravity Canal. Baits that work for both include night crawlers and chicken liver.

EHRENBURG - Fish backwaters off the main river channel, such as the A-7 and A-10 backwaters. These areas hold lots of bass and catfish. There is also lots of downed habitat which bass love. Fish plastics or spinnerbaits.

ALAMO - Fishing was good on the lake this past weekend. Anglers had good success fishing for largemouth bass. Flipping plastics off of the points or running spinnerbaits near the brush works well for catching bass.



Fort Huachuca Morale, Welfare & Recreation Updates

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to germanp@huachuca-emh1.army.mil.



MWR Holiday Hours

The following MWR facilities are closed for the Christmas Holiday on Monday, December 25; MWR Rents, CYS Registration Office, Desert Lanes, Child Development Center, Army Community Service. Plans & Resourse closed Dec. 25 & 26, Sportsman Center closed on Dec.24 & 25, Youth Services closed on Dec. 23, 24 & 25, MWR Box Office closed 23,24 & 25, LakeSide Activity Centre closed Dec. 23-30, Mt. View Golf Course Dec. 24, 6:30 a.m. to 2:30 p.m., Dec. 25 closed. Watch next weeks MWR pages, for the January MWR closings, and special New Years Eve Celebrations.



There will be no Karaoke for the month of December at the LakeSide. For more information call Michelle at 533-2194

New Hours Starting

The MWR Box Office hours of operation will change on December 18. The new operating hours will be 9 a.m. to 6 p.m., Monday through Friday, closed Saturday, Sunday and all Federal holidays. For more information call Brenda at 533-2404.

Kinderland Holiday Hours

Kinderland, the FCC Hourly Group Home, will be open for hourly care from 10 a.m. to 4 p.m. on the following Saturdays: December 2, December 9, December 16 and December 23. This is so parents may be able to complete their Christmas shopping. Recently we installed a new phone line. The new phone number is 452-8874. Please call this number for reservations.

Army Family Team Building

On Saturday, December 5-8, AFTB (Army Family Team Building) will be holding a level II class at Murr Community Center from 8:30 a.m. to 12:30 p.m. Pre-registration is suggested, but not required. For more information or to register contact the AFTB Coordinator at 533-3686/2330.

La Hacienda Holiday Hours

LaHacienda and Pepperoni's will have the regulars hours of operation except for the following days:

Dec. 22- Jan. 5: No Buffet for Lunch Pepperoni's open 11a.m.-1p.m.

Dec. 24-25: Club Closed

Dec.31: Closed for BINGO and Pepperoni's New Year's Eve Party

Jan 1: Club Closed

December Classes

MWR Art Center is now open five days a week and offers December classes in the many types of media. Jewelry Making classes are available, Tuesdays, Dec. 5, 12, 19, for a cost of \$50. Stained Glass classes are held on Wednesdays, Dec. 6, 13, 20, for a cost of \$50. Ceramics classes are held on Thursdays Dec. 7, 14, 21 for \$10. Basic Photo classes are also held on Thursdays Dec. 7, 14, 21 for \$40. All these classes are held from 6 p.m. to 8 p.m.

Other classes offered from 10 pm to 12 a.m. are Copy Black and White Photos on Fridays, Dec. 1, 8, 15 for \$40. Water Color Painting on Saturdays Dec. 2, 9, 16 for \$50.

The Arts Center is at the corner of Hatfield and Arizona Streets, building 52008. Call 533-2015 for more info.

New PRT bodes well for readiness, reduced injuries

Story and photos by Cleo Brennan
Fort Sam Houston Public Affairs

The Army’s new Physical Readiness Training (PRT) program is being designed to reach beyond the standard of biannual Army Physical Fitness Test (APFT) assessments of physical fitness. The change should also significantly reduce the high number of duty-related or training injuries sustained by soldiers throughout the Army.

Sit-ups, running, and pushups

The APFT uses performance on sit-ups, running, and pushups as a measure of overall fitness. However, basing physical training on those three activities focuses on cardiorespiratory endurance and large muscle groups, but does not adequately provide for the development of flexibility, anaerobic endurance, and mobility, essential to functional fitness in a combat environment.

Ed Thomas, instructional systems specialist in the doctrine division of the U.S. Army Physical Fitness School (USAPFS) at Fort Benning, Ga., spent one week training units representatives at Fort Sam Houston, Texas, in some of the new techniques incorporated in the new PRT, a paradigm shift from the current approach to fitness train-

ing. Instead of ‘crankin’ ‘em out’ red faced and sweaty, slow, precise movement characterized the soldiers’ exercise mode, and expressions of concentration and even pleasure replaced the intense, hard-driven grimace that accompanies most morning PT.

Although the current physical training doctrine has been in effect, essentially unchanged, for the past 20 years, knowledge of sports medicine, fitness and physiology is increasing dramatically. At the same time, the level of physical fitness for the majority of the American population has declined.

1/2 of American Youth not active

Nearly half of American youths aged 12-21 years are not vigorously active on a regular basis; physical activity declines dramatically with age during adolescence; and high school students’ daily enrollment in physical education classes declined from approximately 42 percent to 25 percent between 1991 and 1995, according to the 1996 U.S. Surgeon General’s Report on Physical Activity and Health. The report also identified the most common health problems associated with physical activity to be musculoskeletal injuries, which can occur with exces-

sive amounts of activity or with suddenly beginning an activity for which the body is not conditioned.

Many new soldiers start their Army training further from the Army’s fitness goal than those enlisting in the previous two decades, and the urgent push to move them from one point to the other often leaves them lame. Ten percent of soldiers in-processing here from basic training are already on medical profiles when they arrive, limiting their physical activity to allow rehabilitation from injury, according to Col. Valerie Rice, chief, Operation Aegis. The majority of these, Rice said, are musculoskeletal injuries.

“We need aerobic activity for cardiovascular fitness. People will still be running, but we need to be smart about it and not overtrain. That leads to overuse injuries,” Rice said.

“Training them in basic movement patterns first makes the core- the back and torso- strong first. That creates a strong base on which to build more complex patterns. That’s something we haven’t done in the military,” Rice added.

Operation Aegis was established in October 1999 to decrease musculoskeletal injuries on Fort Sam. Rice was charged, as well, with writing a ‘how to’ injury prevention manual for other installations. The program is collecting data on injuries by means of surveys to identify the cause or development of the injuries, the type of health care and patient education soldiers received.

The surveys are presented to everyone in-processing to Fort Sam, and also to those outprocessing. Soldiers treated at the troop medical clinic, adult primary care clinic or emergency room are also asked to complete a survey, as are soldiers from the 187th or 232nd medical battalions or the 147th Medical Logistics Battalion who are put on profiles.

Based on beginning data, from 1,300 soldiers surveyed to date, Rice noted that among soldiers arriving from basic training, 20 percent of men and 39 percent of women had a musculoskeletal injury for which they sought treatment during the previous 90 days. Furthermore, 60 percent of men and 40 percent of women complained of pain, soreness or stiffness. Rice observed that previous injury is a predictor of injury recurrence.

The problem of training injuries has been a concern here for some time. Col. Gail Deyle, chief, Brooke Army Medical Center Physical Therapy Service, established a medical profile guided physical therapy program for injured Center Brigade students in 1998. During the two years since the program began, Deyle and other participating physical therapists have examined and recorded findings on more than 300 soldiers.

“There are more lower extremity injuries and more injuries among female than male soldiers. About half the injured soldiers became symptomatic during basic training, the other half during advanced individual training here,” Deyle reported.

He noted the advantage of having physical therapy interaction with the injured sol-

diers. Therapists are not only looking at the care and treatment of the soldiers’ injuries, but they can also identify the specific limitations that may have predisposed the soldiers to sustain that type of injury. Then, through patient education and training, the soldier can strengthen those areas of weakness to prevent repeated injury.

“We have found consistent patterns of weakness in the lower abdominal muscles; the dorsiflexor muscles which pull the foot up; and the hip extensors. Loss of motion is common at both the shoulder and hip with specific muscle tightness in the hip flexors, plantarflexors of the foot and ankle, and the knee flexors or hamstrings,” Deyle said.

“The good news is that although these areas are not currently being addressed adequately in training, they respond quickly to a well targeted program. We have been able to make statistically significant changes to strength and flexibility by targeting those areas,” he added.

The Army’s new PRT doctrine, of which Thomas is an author, will target increasing soldiers’ flexibility and mobility through a variety and progression of exercises, on and off the ground, as well as with the use of training equipment.

Dumbbells build strength in small and large muscle groups; war clubs and the wand are hand held tools used to develop flexibility and endurance, then become weapons during combative training, which adds the dimensions of speed and agility. Gymnastic exercises build strength and flexibility; the medicine ball, which was used by soldiers more than a century ago, builds strength through all planes of motion, and technology has created a better ball.

While the goal of the physical therapy program is to reduce the length of time soldiers are unable to fully function in their duties, it has also provided a learning opportunity for students conducting research in the U.S. Army-Baylor Graduate Program in Physical Therapy. The graduate program’s research has earned national prominence through significant original contributions to the knowledge base of the physical therapy profession.

Working with Center Brigade students in the profile therapy program, researchers are testing the effectiveness of an in-shoe orthotic device for soldiers with patellofemoral pain syndrome. They are also studying methods of stretching hip flexors; effects of different treadmills on subjects with lower extremity pain, and are conducting a randomized clinical trial of a pneumatic leg brace for soldiers with stress fractures, according to Lt. Col. Stephen Allison, graduate program director.

While the exact combination of exercises in the PRT program is still being determined, the APFT is not expected to change in the near future, according to Thomas.

(Editor’s note: This article is the second part of a two part series on the Army’s new PT program and injury prevention.)



Woodworking: The ‘unselfish hobby’ is in Tucson

A team of woodworking experts are available from Nov. 30 thru Dec. 3 at Tucson’s Park Mall in Tucson. The team will demonstrate woodworking techniques such as woodturning, one of today’s most popular woodworking hobbies.

Over 19 million Americans enjoy woodworking as a hobby, and it is estimated there are hundreds within Cochise and the surrounding Arizona Counties.

At the Tucson Park Mall, trying to capture on film the chips flying from the Shopsmith MARK V will be next to impossible. While you are at the Mall, you can also learn many new wood working techniques, many of which are used by venders in arts and crafts shows.

So, if you are looking for something to do this weekend, treat yourself to the sights and sounds of hobby woodworking demonstrations!



In the Spotlight

See your MWR activity highlighted in The Fort Huachuca Scout, call 538-0836.

Buffalo Corral

Riding Stables

Want to try something new for the office Christmas party? What about a trail ride and a barbeque afterwards. All you need is at least 15 riders, thick steaks or juicy burgers to cook over an open fire, or have pizza delivered from Pepperoni's. The price is only \$12 per person or the trail ride with pizza is \$17 per person. We just need one week notice and payment 2 days before the ride.

The Buffalo Corral will offer the first winter all day ride January 13. The ride will start at the Aerostat (Airship). We will then ride up Brown Canyon past the Pomona Mine Trail and past Hamburg Mine. Then up past Scott Canyon through the Miller Peak Wilderness area, to the Crest Trail overlooking Parker Lake and a great view of Old Mexico. Proceeding on to Granite Peak and then returning past Carr Canyon and Hamburg Trail. We will also pass Ramsey Canyon and then back to the gate at the Airship.

Lunch and a beverage is provided by Premiere Caterers. A back pack, saddle bags or horn bag is required to carry your lunch and other miscellaneous items such as a poncho, windbreaker, snacks, sunscreen and additional water. This is a great ride for the outdoors and adventurous person. (No beginners please). You will be rewarded with some of the most spectacular and awesome views of the Huachuclas and surrounding areas. This ride is open to adult riders with intermediate riding experience. All this for the price of only \$75 per person for authorized MWR patrons and \$90 for civilians.

Everyone will meet at the Buffalo Corral at 6:30 a.m. The approximate time of return will be 4:30 p.m. Reservations and a \$35 non-refundable deposit is required by close of business January 2 and full payment by close of business January 8. This ride is limited to the first 15 riders.

The Buffalo Corral also offers a wide variety of riding programs for all ages. Sunset Rides and Moonlight Rides are offered April through September. Riders may bring their own food and cook over an open fire at the end of the Sunset Rides. Weekend trail rides are scheduled year round, each Saturday and Sunday. Special Group Rides for Boy or Girl Scout Troops, church groups or just a large group of friends may be scheduled. Birthday parties may be planned with the help of the Corral staff and western riding lessons, both private and group, are available.

All trail rides require a minimum of 15 riders. A special family rate for a minimum of two adults and two children may be applied to all trail rides.

Buffalo Corral is open to the public. Hours of operation are Wed-Sun, 9 a.m. to 4 p.m. Closed Monday and Tuesday. All riders must be at least seven years of age; however, lead-arounds are offered for kids under seven. Parents may lead their children around in the general area for a small fee.

Buffalo Corral is located off Canello Road going toward the west gate in the foothills of the Huachucla Mountains. The Corral currently has 54 horses and a burro named Speedy, who serves as the Corral mascot. Drop by or call 533-5220 for information.

Give an Adventure on Horseback for Christmas or Birthdays!



Gift certificates may be applied to Trail Rides or Riding Classes!



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